

Lesson Plan: FSNE Curriculum

Breakfast



Learning Objectives

At end of lesson participants will be able to:

Define four positive results of eating breakfast

Identify 3 common excuses for not eating breakfast

Identify the number of groups from MyPyramid needed to make a good breakfast

Name the first step in providing a nutritious breakfast

Name 2 quick and easy ideas for a fast but nutritious breakfast

Name 2 non-breakfast foods that can be used to make a nutritious breakfast for those who don't like breakfast foods

Suggested Materials To Aid in Teaching Lesson:

DVD Player *

DVD: Breakfast

Breakfast Lesson Plan

Handout: Breakfast (either FSNE or EFNEP version)

Handout: Bright Breakfasts

Handout: Oatmeal Mix-Ins

* In some cases material may be more effectively taught with flip charts rather than in DVD format

Lesson Preparation Tips:

Review lesson and all handouts

Choose handouts according to participants' needs and make enough copies of handouts for all participants

If cooking, gather the food and equipment necessary to prepare recipe

Gather items needed for any activity ideas you will use

Activity Ideas:

If participant is interested, remember to plan a cooking activity for the next lesson. Ask participant to have the food available for the activity